

## 8 Ways to Be Kinder to Yourself in 2020

*You deserve it!*

- Take more time for yourself
- Take time to do nothing at all
- Cultivate more casual, low-stakes friendships
- Learn to enjoy things when they're good
- Lean into your 'guilty' pleasures
- Learn to accept a compliment — even if it's from yourself
- Embrace the unexpected joy of repeat experiences
- Turn your regrets into self-improvement

<https://www.nytimes.com/2019/12/24/smarter-living/8-ways-to-be-kinder-to-yourself-in-2020.html>